



food  
network

## Oyster Stew

READY IN



15 min.

SERVINGS



5

CALORIES



240 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

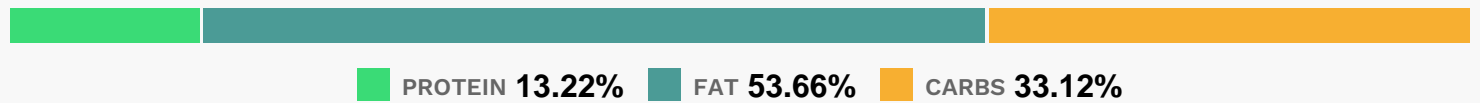
- 2 tablespoons butter
- 0.1 teaspoon cayenne pepper
- 5 servings round buttery crackers for serving
- 2 green onions sliced chopped for garnish
- 5 servings green onions sliced for garnish
- 1 quart half-and-half whole
- 12 ounces dozens oysters raw fresh undrained
- 0.3 teaspoon salt
- 0.3 teaspoon pepper white

# Equipment

## Directions

- Saute onion in butter until tender.
- Add remaining ingredients. Cook over low heat until edges of oysters begin to curl and mixture is hot but not boiling.
- Serve stew with crackers and garnish with sliced green onions.

## Nutrition Facts



## Properties

Glycemic Index:36.8, Glycemic Load:3.53, Inflammation Score:-5, Nutrition Score:12.010869617048%

## Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## Nutrients (% of daily need)

Calories: 239.82kcal (11.99%), Fat: 14.46g (22.25%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 19.39g (7.05%), Sugar: 10.71g (11.9%), Cholesterol: 37.47mg (12.49%), Sodium: 372.86mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Vitamin K: 31.42µg (29.93%), Vitamin B12: 1.63µg (27.12%), Calcium: 270.99mg (27.1%), Phosphorus: 247.11mg (24.71%), Zinc: 3.6mg (23.98%), Vitamin B2: 0.32mg (18.87%), Vitamin D: 2.08µg (13.88%), Vitamin B1: 0.18mg (12.29%), Vitamin A: 578.04IU (11.56%), Copper: 0.23mg (11.32%), Potassium: 345.82mg (9.88%), Selenium: 5.8µg (8.29%), Vitamin B5: 0.79mg (7.95%), Magnesium: 29.42mg (7.35%), Manganese: 0.14mg (6.85%), Vitamin B6: 0.14mg (6.76%), Iron: 1.21mg (6.72%), Vitamin E: 0.92mg (6.1%), Vitamin B3: 1.11mg (5.53%), Folate: 19.14µg (4.78%), Fiber: 0.69g (2.75%), Vitamin C: 2.09mg (2.53%)